

## Fall into Health!

***Join Rockville's NEW Community Health initiative!  
Community Wellness beginning this Fall!***

### Coming this Fall...



- Free Blood Pressure Screenings and Health Information at the City of Rockville's Booth at "Out to Lunch" Wednesdays from 11 am-2 pm, at Rockville Town Center
- "Fall '0 the Path" to Health, Community Health Fair, November 4, 1-4 pm, Twinbrook Community Recreation Center
- Free Screenings, Health information, Exercise Demos, Healthy Eating Samples, and more!
- Wellness Website...Your destination for health and fitness information



Step Up to Health is part of a national campaign to involve more residents in getting active! Whether it's WALK Rockville, taking an introduction to Yoga, or hiking the Appalachian Trail, it doesn't matter how you do it, just start moving! The Step Up to Health initiative is for residents of all ages. Seminars, programs and classes marked with SUTH logos in this guide also earn you double points toward the new Rockin' Rewards program, which accumulates points that can later be used toward free programs or memberships.

### Walk Rockville

The City of Rockville is encouraging residents to get moving! We designed 14 paths around local schools, parks, neighborhoods, and businesses that are 1-2 miles in length. They are easy to follow with printed maps available on line or at various city facilities.

Get a pedometer to track your steps! Pick up the WALK Rockville Starter Kit for just \$10 at City Hall, Twinbrook Community Recreation Center, Lincoln Park Community Center, Rockville Municipal Swim Center, or Rockville Senior Center.

Kit includes: a pedometer, "Step Up to Health" t-shirt, maps, walk-o-meter form, walking logs and important fitness information about the WALK Rockville program.

For more information and to download forms, visit us at [www.rockvillemd.gov/stepup](http://www.rockvillemd.gov/stepup) or call 240.314.8620.



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